



CHOICES for Moms to Be

WIC foods support your healthy lifestyle and your baby's healthy development during pregnancy. You will enjoy milk, cereal, eggs, juice, peanut butter and beans, plus fruits, vegetables and whole grains!



Your WIC Foods

- Are low in fat and high in fiber.
- Offer a variety of foods.
- Promote healthy weight gain for you and your baby.

What You Will Receive

GRAINS

- 36 ounces of iron-fortified cereal
- 1 pound whole grain bread

VEGETABLES and FRUITS

- Three 12-ounce cans of frozen Vitamin C-rich juice
- \$8 cash value voucher for fresh vegetables and fruits

DAIRY

- 5 ½ gallons of non-fat (skim), low-fat (1%) or reduced-fat (2%) milk
- Allowable substitutions of cheese or soy milk

PROTEIN

- 1 dozen eggs
- Choice of two: 1 pound dried beans or peas OR four 16-ounce cans of beans OR one 18-ounce peanut butter



This institution is an equal opportunity provider.

Eat WIC foods for a healthy you and a healthy growing baby!